

# Guide to Positive Parenting

Los Angeles Community Child  
Abuse Councils



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## PARENTING TIPS

- Be consistent. Children get confused and don't know what to expect when the rules change. (National Committee to Prevent Child Abuse)
- Be a role model. Children learn a lot just from watching and listening to you. (NCPCA)
- Say you're sorry. Parents make mistakes too. Model the importance of taking responsibility for your actions. (NCPCA)
- Make eye contact. Getting your child's full attention before making a command can make a big difference. (NCPCA)
- Praise, praise, praise. Praise not only encourages positive behavior, but also builds self-esteem. (Wayne Ho, MD)
- Take a break. Just 5 minutes alone to catch your breath can help you feel calmer. (Ho)
- Create a routine. Children thrive when there is some structure in the day. Predictable events at the same time each day can make the day easier for you and your child. (Handling Kids' Aggression, Barbara Mandenhall, MFT)
- Give choices. Providing a choice helps your child have a level of control while you do too.
- Follow through. Establish a rule and stick to it. This sends your child the message that you are serious and discourages attempts at breaking rules in the future.
- Take care of yourself. Know that every parent has limitations. Keep realistic expectations and remember your needs too.



# JOURNAL OF POSITIVE PARENTING

You are doing great things as a parent every day. Sometimes it can be easy to forget the good things you're doing when stress and hard work enter into the picture. Don't get distracted! Give yourself a pat on the back for the positive things you do for your child. Write at least five each week and read them over to remind you of your strengths.

I do lots of positive things as a parent. This week I .....

Examples:

- Read my child a story.
- Called my sister to tell her what a tough day I had today.
- Said "I love you" to my son.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

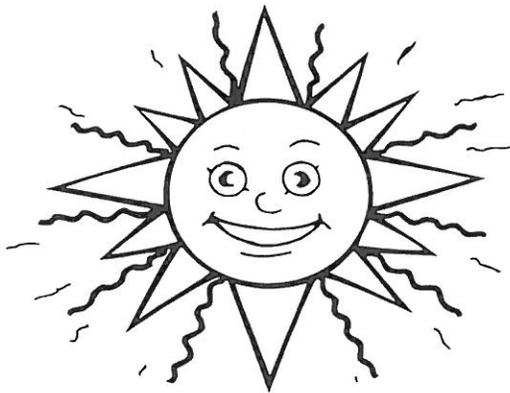
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# STRESS MANAGEMENT

- Recognize signs of stress. Some key signs are headache, fatigue, nausea, diarrhea, depression, restlessness, irritation, frustration, impatience, or changes in sleeping/eating. (Center for Effective Parenting)
- Know that you are not alone. All parents experience stress. It's okay to feel this way. It's important to identify your stress and find ways to reduce it. ("Coping with Parental Stress", Ronald Pitzer)
- Reach out. Call someone you can count on for support. Talk about your stresses. You'll feel more connected and less stressed. ("Taking Care of the Parent: Replacing Stress with Peace", Wallace Goddard)
- Change what you can. Some sources of stress are not easily changed. Recognize what is possible to change and address it. (W. Goddard)
- Anticipate problems and make a plan. Identify situations that lead to stress and avoid it by planning ahead. If you don't want your children to play with the VCR, put it up and out of their reach. (W. Goddard)
- Create a budget. Money can be a significant source of stress. A budget will give you a specific plan for your money and will help you avoid surprises and financial stresses. (Center for Effective Parenting)

# STRESS MANAGEMENT

- Just say no. As a parent you have a lot of responsibilities. Taking on more by helping others too often will only increase your stress. Know your limits and respect them. (Center for Effective Parenting)
- Get out. Getting a change of scenery and fresh air can help turn things around for you and your children. Take a walk, go to the park or visit with family or friends. (Center for Effective Parenting)
- Ask for help. If your level of stress is severe, see a mental health professional or go to your church to get the treatment and support you need. (W. Goddard)
- Be good to yourself. You're not perfect and neither is anyone else. Try not to focus on your mistakes. Learn from them and focus on your strengths. (W. Goddard)



# CREATING A BEHAVIOR CHART

1. Think of two to five realistic and specific goals you would like your child/children to accomplish. Keep it simple. (Center for Effective Parenting)
2. Sit down with your child/children and make a list of their favorite items, treats and activities of your approval. (Only approve items you know you can provide.) This will be the reward list.
3. Display the chart in a place that you can easily see and access.
4. Write each goal into the chart.
5. Make a check mark in the box each day immediately after your child completes the goal. If the goal is not completed that day, leave the box blank.
6. Give praise for each check as soon as the task is completed.
7. At the end of the week, count the checks. If you expect your child to make his/her bed 5 out of 7 days, then 5 checks earns a treat from the list. If your child does not meet that goal, be encouraging and talk about what he/she did well. Talk about how to meet the goal next week.
8. Plan and follow through on rewards as soon as possible.

GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make bed.	✓	✓	✓	✓	✓	✓	✓
2. Complete math homework.	✓	✓		✓	✓	✓	
3. Set dinner table.		✓	✓	✓			✓



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2.							
3.							
4.							
5.							

GOALS

## Contact Information

### LOS ANGELES COMMUNITY CHILD ABUSE COUNCILS

#### **Advocacy Council for Abused Deaf Children**

Jean Marie Hunter (626) 798-6793

#### **Asian and Pacific Islander Children, Youth and Family Council**

Yasuko Sakamoto (213) 473-3035

#### **Eastside Child Abuse Prevention Council**

Connie C. Preciado (626) 442-1400 ext. 209

#### **End Abuse Long Beach**

Paula Cohen (562) 435-3501 x3842

#### **Family, Children, Community Advisory Council**

Sandra Guine (213) 639-6443

#### **Foothill Child Abuse and Family Violence Prevention Council**

Erica Villalpando (626) 795-6907

#### **LGBT Child Abuse Prevention Council**

Mark Abelson (323) 646-2419

#### **San Fernando, Santa Clarita Valley Child Abuse Council**

Deborah Davies (818) 988 - 4430

#### **San Gabriel Valley Child Abuse Prevention Council**

Lydia Sandoval (626) 966-1755

#### **Westside Domestic Violence Network**

Jennifer Chen Speckman (310) 920-7934

#### **Service Planning Area 7 Child Abuse Council**

Norma Yoquez (562) 777-1410 x 112

#### **YES2KIDS - Antelope Valley Child Abuse Prevention Council**

Bob Broyles (661) 538-1846

#### **Inter-Agency Council on Child Abuse and Neglect**

Cathy Walsh (626) 455-4585

#### **Parents Anonymous Inc.**

Don Pickens (909) 236 5757 ext. 218

#### **Child Abuse Councils. Coordination Project**

Monika McCoy, Ph.D. (818) 790-9448